

Preparing for Your First Year of Marriage

A Practical Guide for Engaged & Newly Married Couples • Divine Grace Coaching

Why the First Year Matters

The first year of marriage is exciting, rewarding, and sometimes challenging. Two people are learning how to build a life together while navigating expectations, communication, finances, family relationships, and daily routines. The goal is not perfection. The goal is learning how to grow together as a team.

1. Talk About Expectations

Discuss expectations regarding:

- Household responsibilities

- Time together and apart
- Communication
- Family involvement
- Roles and responsibilities

2. Build Healthy Communication Habits

- ✓ Listen to understand
- ✓ Address issues early
- ✓ Avoid assumptions
- ✓ Speak with kindness and respect

3. Create a Financial Plan Together

Discuss:

- Budgeting

- Saving goals
- Debt repayment
- Spending habits
- Financial priorities

4. Prioritize Your Friendship

Strong marriages are built on friendship. Schedule regular time to:

- Talk

- Laugh
- Date
- Dream together

5. Learn How to Navigate Conflict

Every couple disagrees. Remember:

- Stay on one issue at a time

- Focus on understanding
- Look for solutions together
- Avoid personal attacks

6. Protect Your Spiritual Connection

Consider:

- Praying together

- Attending church together
- Reading Scripture together
- Discussing what God is teaching you

7. Give Each Other Grace

Marriage is a lifelong journey of growth. You will both make mistakes. Choose patience, forgiveness, and grace as you learn and grow together.

First Year Reflection Questions

- What kind of marriage do we want to build?
- What habits do we want to establish now?
- How will we handle disagreements?
- What are our top financial goals?
- How will we prioritize our relationship?

This Month's Challenge

- ✓ Schedule one intentional date night.
- ✓ Discuss your top three goals as a couple.
- ✓ Pray together at least once this week.
- ✓ Share one thing you appreciate about each other every day.

Final Thought

A strong first year is not built by avoiding challenges. It is built by learning how to face challenges together.